

Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-19 (Canceled).

20. (Currently amended) A portable personal subjective health tracker comprising:
- a [portable] data logger configured to collect subjective data from a subject regarding the subject's health [medical condition];
 - a time base for tracking [which tracks] a time of recording of the data;
 - a data storage unit for storing the data [in which the data is stored] with reference to the time base; and
 - a modem for sending data from the data logger to a central database, wherein the data logger is configured to directly connect to the modem and to initiate communication via the modem, and wherein the modem is capable of directly connecting to a communication network.
21. (Previously presented) A personal subjective health tracker according to claim 20, wherein the communication network comprises a telephone network.
22. (Previously presented) A personal subjective health tracker according to claim 20, wherein the modem and data logger are capable of sending data to the central database from one or more points of access to the communication network that are remote to the central database.
23. (Currently amended) A personal subjective health tracker according to claim 20, wherein the modem is capable of communicating [communicates] with a local network access computer.
24. (Previously presented) A personal subjective health tracker according to claim 20, wherein the modem is an external modem.

25. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises subjectively observed physiological data.
26. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises psychological data.
27. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding the subject's amount of sleep.
28. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding the subject's mood.
29. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding pain experienced by the subject.
30. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding side effects experienced by the subject.
31. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding medication taken by the subject.
32. (Previously presented) A personal subjective health tracker according to claim 20, wherein the subjective data comprises the subject's handwriting.
33. (Currently amended) A personal subjective health tracker according to claim 20, wherein the health tracker further comprises a monitor for sensing [that senses] a physiological parameter of the subject.
34. (Previously presented) A personal subjective health tracker according to claim 20, wherein the data logger includes a stylus.
35. (Previously presented) A personal subjective health tracker according to claim 20, wherein the data logger includes a touch screen.
36. (Previously presented) A personal subjective health tracker according to claim 20, wherein the data logger accepts messages entered by the subject.

37. (Currently amended) A personal subjective health tracker according to claim 20, wherein the data logger is capable of accepting [accepts] messages entered by the subject by writing.
38. (Currently amended) A personal subjective health tracker according to claim 37, wherein the data logger includes a digitizer for generating [that generates] a digitized representation of the writing.
39. (Previously presented) A personal subjective health tracker according to claim 38, wherein the data logger is capable of sending the digitized representation of the writing to the central database.
40. (Previously presented) A personal subjective health tracker according to claim 20, wherein the data logger includes character recognition software.
41. (Previously presented) A personal subjective health tracker according to claim 20, wherein the data logger is handheld.
42. (Currently amended) A personal subjective health tracker according to claim 20, further comprising a data receiver for receiving a [health data] message intended for the subject.
43. (Currently amended) A personal subjective health tracker according to claim 20 [42] further comprising a data receiver for receiving a message including a question intended for the subject [wherein the message intended for the subject includes a question].
44. (Currently amended) A personal subjective health tracker according to claim 20, wherein the data logger is capable of providing [provides] at least one data prompt in a graphical format to the subject[, wherein the data prompt is in graphical format].
45. (Currently amended) A personal subjective health tracker according to claim 20, wherein the data logger is capable of providing [provides] at least one data prompt comprising an image of the human body to the subject[, wherein the data prompt comprises an image of the human body].

46. (Currently amended) A personal subjective health tracker according to claim 20, wherein the data logger is capable of providing [provides] at least one data prompt comprising a signature space to the subject[, wherein the data prompt comprises a signature space].
47. (Currently amended) A personal subjective health [heath] tracker according to claim 20, wherein the data logger is configured to periodically send the data [is periodically sent] to the central database.
48. (Currently amended) A personal subjective health tracker according to claim 20, wherein the central database is capable of [connecting to] communicating with multiple physician offices.
49. (Currently amended) A portable health data messaging apparatus comprising:
- a [portable] heath data collection device configured to collect subjective data from a subject regarding the subject's health [medical condition];
 - a time base for tracking [which tracks] a time of recording of the data;
 - a data storage unit for storing [in which] the data [is stored] with reference to the time base; and
 - a modem for sending health data messages to a central database and for receiving messages wherein the portable health data collection device is configured to directly connect to the modem and to initiate communication via the modem, and wherein the modem is capable of directly connecting to a communication network.
50. (Currently amended) [The health tracking system] A health data messaging apparatus according to claim 49 wherein the collected data is for use by a reviewer.
51. (Currently amended) [The health tracking system] A health data messaging apparatus according to claim 49 wherein data in the central database is accessible over a network.

52. (Currently amended) [The health tracking system] A health data messaging apparatus according to claim 49 wherein the central database is configured to receive [collects] data from a plurality of health trackers.
53. (Currently amended) [The health tracking system] A health data messaging apparatus according to claim 52 wherein the central database is configured to communicate [transmits] the data obtained from the plurality of health trackers to a [common] medical records database.
54. (Currently amended) [The health tracking system] A health data messaging apparatus according to claim 49 wherein the central database comprises a plurality of databases.
55. (Currently amended) [The health tracking system] A health data messaging apparatus according to claim 49 wherein the time base of the health tracker is configured to synchronize [synchronized] with a time base of the central database when communication is established between the data communication device and the central database.
56. (Currently amended) [The health tracking system] A health data messaging apparatus according to claim 49 wherein the data storage unit and the central database are each configured to store the data [is stored in the data storage unit and in the central database].
57. (New) A portable health data apparatus comprising:
- a data logger configured to collect subjective data from a subject regarding the subject's health;
 - a time base for tracking a time of recording of the data;
 - a data storage unit for storing the data with reference to the time base; and
 - a data communication subsystem for sending data from the data logger to a central database, wherein the data logger is configured to connect to the data communication subsystem and to establish communication with the central database via the data

communication subsystem, and wherein the data communication subsystem is capable of directly sending data through a communication network.

58. (New) A portable health data apparatus, comprising:

a data logger configured to collect subjective data from a subject regarding the subject's health;

a time base for tracking a time of recording of the data;

a data storage unit for storing the data with reference to the time base; and

a data communication subsystem for uploading data from the data logger to a central database, wherein the data logger is configured to connect to the data communication subsystem and wherein the data communication subsystem is capable of directly sending data through a communication network.